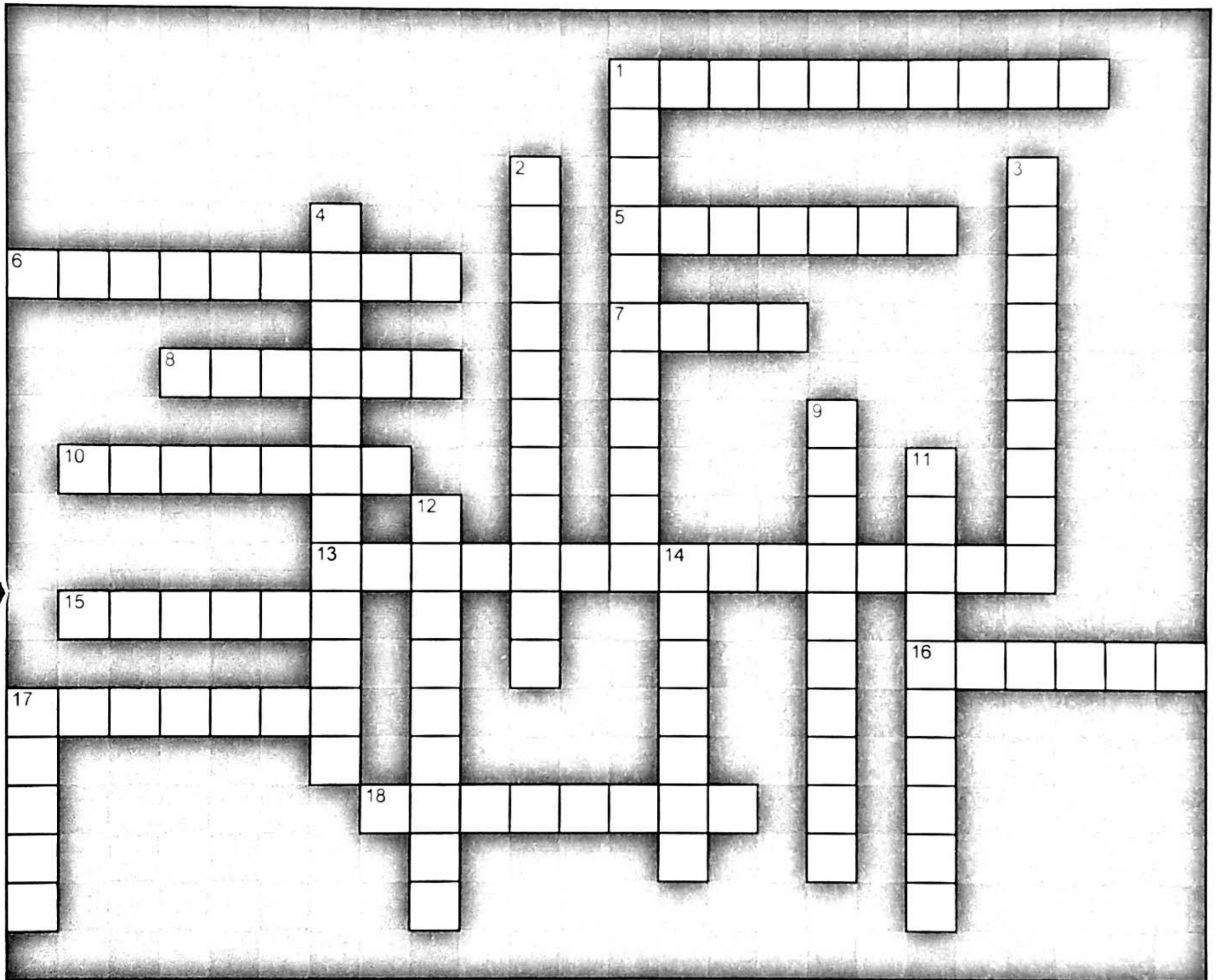


## Foundations of Personal Fitness

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Instructions: Complete the crossword puzzle. Use the clues to help you solve the puzzle.

**Across**

1. A condition in which the body can no longer rid itself of excessive heat through perspiration
5. A medical condition in which a person's ratio of body fat to lean muscle mass is excessively high
6. Damage to body tissue that results from freezing
7. \_\_\_\_\_ stress index: A scientific measure of the combined effects of heat and humidity on the body

## Foundations of Personal Fitness

8. Heat \_\_\_\_: Muscle spasms resulting from the loss of large amounts of salt and water through perspiration
10. Fluid \_\_\_\_: The body's ability to regulate the amounts of fluid taken in with the amounts lost through perspiration or excretion
13. The process of allowing the body to adapt slowly to weather conditions
15. A condition in which the ligaments that hold joints in position are stretched or torn
16. A pull in a muscle or tendon
17. \_\_\_\_ disease: a disease that is ongoing
18. Bands of tissue that connect bone to bone and limit the movement of joints

### Down

1. A condition in which the body temperature drops below normal
2. Body fluid loss
3. The normal motion of the foot as one walks or runs, from the outside of the heel striking the ground through the normal inward roll of the foot
4. The study and application of the principles of physics to human motion
9. Heat \_\_\_\_: An overheating of the body resulting in cold, clammy skin and symptoms of shock
11. Inflammation of a tendon or muscle in the leg
12. Medical \_\_\_\_: A basic assessment of a person's overall health and personal fitness
14. Bands of tissue that connect muscles to bones
17. Wind- \_\_\_\_ factor: The combined influence of wind and temperature on the body